

# American Stroke Foundation, Mission, KS

February 2018

## Fitness with Theo - Daily 9:30am-11:30pm

MONDAY	WEDNESDAY	FRIDAY
<b>5</b> 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 American Heart Month Activity 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>7</b> 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Stroke Education: Orthotics for Stroke Survivors 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Life Skills - Goal Setting 1:30-2:30 Sharpen Your Mind	<b>9</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Olympic Kick Off 10:30-11:30 Focus on the Hand "Olympic Style" 11:30-12:30 Lunch and Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind
<b>12</b> 9:30-10:30 Creative Conversations 10:00-11:00 Pre Mardi Gras Fun 11:00-12:00 Olympic Games 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>14 HAPPY VALENTINE'S DAY</b> 9:30-10:30 Creative Conversations 10:00-11:00 Valentine Activities 11:00-12:00 Valentine BINGO 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance Valentine Style 1:30-2:30 Sharpen Your Mind	<b>16</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Awaken Your Brain 10:30-11:30 Focus on the Hand - "Putty Style" 11:30-12:00 Visual Scanning Activity 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind
<b>19</b> 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Life Skills - Household Management 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Trivia Fun - Presidents' Day 1:30-2:30 Survivor Support with Don	<b>21</b> 9:30-10:30 Creative Conversations 10:00-11:00 "Puzzle Me" 11:00-12:00 Tai Chi Body Balance 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 "Yards of Fun" 1:30-2:30 Sharpen Your Mind	<b>23</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Awaken Your Brain 10:30-11:30 Focus on the Hand - "Refuel Style" 11:30-12:00 Body Balance 12:00-1:00 Lunch & Clean Up 1:00-1:30 Life Skills - Stress Management 1:30-2:30 Sharpen Your Mind
<b>26</b> 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Life Skills - Driving 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>28</b> 9:30-10:30 Creative Conversations 10:00-10:30 Awaken Your Brain 10:30-11:00 Dialogue with Jane 11:00-12:00 GratiTUNES with Debby 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind	<b>2</b> 9:30-10:30 Creative Conversations (OT) 10:00-12:00 Meal Preparation Activity 12:00-1:00 Lunch and Clean Up 1:00-1:30 Visual Scanning Activity 1:30-2:30 Sharpen Your Mind

### CLASS DESCRIPTIONS

**Art:** Did you know art is good for your mind as well as for self-expression? Get your creative juices flowing by engaging with various art mediums!

**Body Balance:** Work on your balance in this movement group.

**Brain Teasers/Sharpen Your Mind/Wake up your Brain:** Engage in games and problem solving activities that encourage higher level cognitive and perceptual skills such as planning strategy and problem solving.

**Clean Up:** Take pride in maintaining a clean environment. Everyone joins in a task to keep the place clean - wipe down, throw away trash, etc.

**Creative Conversations:** Our volunteer speech therapist gets participants talking and connecting with one another.

**Current Events:** Led by survivor David, come and learn what is happening in the world today.

**Focus on the Hand:** This group will offer exercises and other techniques to address hand movement, particularly with affected side.

**Gratitunes with Debby:** Debby wants to help people read while having fun and showing gratitude. Be inspired by others, laugh, and sing tunes.

**Life Skills:** Join occupational therapy students & staff who facilitate sharing of strategies, demonstrate adaptations, and/or develop skills for life.

**Music:** Did you know that music helps our brains? Music helps us to move, speak, and helps us emotionally! Sing-a-long with familiar tunes.

**Range of Motion (ROM):** Moving joints throughout the body from head to toe, usually led by Survivor Jerry.

**Reading:** Enhance your reading skills thru poems, song lyrics, and inspirational quotes led by Survivor Debby and Mike. (Wed.)

**Stroke Education Series:** Co-hosted by ASF and KU Health Systems featuring education by stroke specialists. Care partners are invited!

**Survivor Support:** Don Sears comes to share stories and boost the group's spirits.

**Yoga:** Led by Jessie Danon, Registered Yoga Instructor and former service learning OT student at ASF

**Fall Prevention:** Discussion and reflection on fall risk and prevention

**Give Back:** Give back to the community through preparing gifts for others.

### **FEBRUARY BIRTHDAYS...**

- **February 13th = Cindy**
- **February 23rd = Tom**
- **February 29th = Sharon J**